

Main/Dinner- WK 1 Lent 2025-Nursery	Sulphur Dioxide	Fish	Crustaceans	Molluscs	Milk	Nuts	Peanuts	Sesame Seeds	Celery	Mustard	Egg	Lupin	**Gluten	Soya		Celery	Cereals (containing gluten*)	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts†	Peanuts	Sesame seeds	Soya	Sulphur Dioxide		
Cumberland Sausages	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	YES	NO	Cumberland Sausages															gluten sulphur	
Chicken/Ham Carbonara	NO	NO	NO	NO	NO	NO	NO	NO	NO	YES	YES	NO	YES	NO	Chicken/Ham Carbonara	gluten eggs milk mustard	gluten		eggs			milk			mustard					gluten	
Gammon	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	Gammon																
Beef Lasagne	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	Beef Lasagne	gluten milk mustard	gluten					milk		mustard							
Fish Fingers	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	YES	NO	Fish Fingers	gluten fish sulphur	gluten			fish										gluten sulphur	
Seasoned New Potatoes	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	ENSURE	NO	Seasoned New Potatoes	gluten															
Mixed Vegetables	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	Mixed Vegetables																
Gravy	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	Gravy																
Side Salad	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	Side Salad																
Ciabatta	NO	NO	NO	NO	NO	MAY	MAY	NO	MAY	NO	MAY	MAY	NO	WHEAT/BARLEY	Ciabatta	gluten eggs milk mustard nuts sesame soya	gluten		eggs			milk		mustard	nuts		sesame	soya			
Roast Potatoes	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	Roast Potatoes	gluten	gluten														
Broccoli	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	Broccoli																
Carrot Batons	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	Carrot Batons																
Caesar Salad	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	Caesar Salad	eggs milk			eggs			milk									
Garlic Bread	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	YES	MAY	Garlic Bread	gluten soya	gluten														
Chunky Chips	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	Chunky Chips																
Baked Beans	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	Baked Beans																
Fish Cakes	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	Fish Cakes	fish				fish											
Pizza	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	Pizza																
Burger/Bun	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	Burger/Bun																
New Potatoes	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	New Potatoes																
Tuna	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	Tuna	fish				fish											
Vegetables/Crudites	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	Vegetables/Crudites																
VEGETARIAN																															
Veg. Glamorgan Sausages	NO	NO	NO	NO	YES	NO	NO	NO	NO	YES	NO	NO	YES	NO	Veg Glamorgan Sausages	gluten milk mustard	gluten	crustaceans	eggs	fish		milk					peanuts	sesame	soya	gluten sulphur	
Mushroom/Courgette Carbonara	NO	NO	NO	NO	YES	NO	NO	NO	NO	MAY	MAY	NO	YES	NO	Mushroom/Courgette Carbonara	gluten eggs milk mustard	gluten		eggs			milk		mustard							
Quorn Fillets	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	YES	NO	Quorn Fillets	gluten	gluten														
Quorn Mince Lasagne	NO	NO	NO	NO	YES	NO	NO	NO	NO	MAY	YES	NO	YES/BARLEY	NO	Quorn Mince Lasagne	gluten eggs milk mustard	gluten		eggs			milk		mustard							
Quorn Dippers	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	YES	NO	Quorn Dippers	gluten	gluten														
Egg on Toast	NO	NO	NO	NO	NO	NO	NO	NO	NO	YES	NO	YES	YES	NO	Egg on Toast	gluten eggs soya	gluten		eggs											soya	
Jacket Pot Cheese/Baked Beans	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	Jacket Pot Cheese/Baked Beans	milk						milk									
Waffle Potatoes	NO	NO	NO	NO	MAY	NO	NO	NO	NO	NO	MAY	NO	YES	NO	Waffle Potatoes	gluten eggs milk	gluten		eggs		milk										

All allergy information is for actual ingredients present in product at time of sale
If in doubt about your allergies and a dish you have eaten before please ensure you have asked staff if they have made product substitutions and check the list above for manual updates
Whilst we take the issue of food allergies and intolerances seriously all dishes are prepared in one catering environment. Therefore with the exception of all nut dishes, which are banned, any food items may contain traces of the allergens listed and other allergens we are not required to declare.
**Gluten is a protein component of wheat, rye, barley, oats, spelt and kamut.